

20260326 - Daily Journal

Today is Thursday March 26th the year is 2026. I'm using voice translation to dictate notes about my current circumstances. New paragraph

after reaching a peak yesterday the agitations this morning have been minimal while still occurring. Rating the agitations on a scale of one to five. The agitations this morning rate at a one. For example: ?

Yesterday a car drove past my house to coincide with many movements while making my first cup of coffee in the morning. That progressed from many vehicles to coincide with many movements of making a cup of coffee throughout my entire day as I worked in the yard attempted to do tasks and then I was met by people out in the public when we went to get groceries. This morning.

This morning at a level one rather than a vehicle passing our window for many movements that I made while making a cup of coffee only one movement drew the car and that was at the very moment that I completed the task. As I have attempted to record previously the beginning and completion of tasks being marked repeatedly by vehicles or noise agitations is one way that this type of oppression is being used to forcefully prove that we are being spied upon 24 hours a day 7 days a week inside of our own home.

General impression and conclusion: these agitations seem to be agitating me to start my work, and produce work (that is useful to them) while also preventing me from completing work (as would be useful to me and our family)

11am: the agitations are moving to a level 2 now. Coinciding with multiple points of progress as I cleanup and begin to prepare lunch. Ex: finishing cleaning table, running stream of water after getting out ingredients. (Ending, beginning)(Increase in frequency of agitation-activity points of concert) After adding and writing notes, 1115am continuing progress on lunch car at washing lettuce and now again with writing note about car (with confirmation vehicle again as I note the car about the note). I will now continue my task without recording notes and further wasting my time and progress.

Note on method: I am attempting to record evidence in a way that is beneficial to understanding while not being (even more detrimental) to my progress in life.

Additional notes: Lay the foundation first about which tools are available to the source of these agitations. Expand the knowledge base of the audience to include a vocabulary and understanding of the tools and technologies that are capable of being used to create this spying-agitation feedback loop.

Add: 'story of accumulation' like the Old Woman and her Pig, flash mobs, and rube Goldberg devices for procedural understanding.

1133am: recording that the agitation vehicles rose to a level 2.5-3 after beginning these notes and completing my sandwiches (roughly 5-7 vehicles)(while making 2 sandwiches at points of ending, covering with mayo, etc.)

1137: sitting down to eat and aa car drives by at the exact moment I take my first bite (beginning).

I will now leave these notes and not record the additional points of concert.

1224pm: completing the additions of recording new written musical notes on ipad and adding to GarageBand for review. After confirming accuracy of the notes, a vehicle immediately drives past the front of our home playing loud bass music.

130-2pm: recording an increase of agitation (vehicles) to directly coincide with receiving and responding to the Air BnB emails. Agitation level 3 as we approach late afternoon and the heat of the day.

2:25pm rising agitation levels now to coincide directly with a Google review posted about last night's harassment and the beginning of afternoon tasks in the kitchen.

This marks the beginning of what is usually a rising and peak time period of direct action/reaction agitations and today is beginning in a similar fashion with two loud exhausts driving by while I wash my hands to make formula and another now to match the notation of those vehicles in these notes.

Sprouts store Google review:

Unlit signage and unresponsive management. Yesterday we frequented this location and were followed into the store by a person that was harassing us while we shopped in their store. After calling for assistance from management, the manager refused to hear my reason for requesting assistance and threatened to remove us from the store.

The appearance of the store is old dingy, and dated. The sign on the top of the store remains with letters unlit. Those letters have not been fixed in a very long time.

We used to find their vegetable selection fresh and affordable. But recently we have noticed that their quality has decreased and their pricing structure is considerably higher than the local alternative option.

From the dingy dated appearance to the high prices and unresponsive management, I am writing this location as only one star.

I hope that their corporate team works quickly to remedy these problems or we will be searching for a new organic food option.

Note: their operation resembles the behaviors of any other addict wherein they continue to seek their stimulus while lying to themselves about how they appear to the outside world. The addicts are rationalizing that everything is okay, and they continue their addicted behaviors regardless of how many others can see that they have a problem that should be addressed. The addicts will inevitably require a 'rock bottom' moment to jar them into a new behavior pattern, if that is possible at all. It will certainly be required for their rehabilitation - as is true of any other addicted person that is in denial about the harm they are causing to themselves and others.

3:08pm: Again, the same effect of a bass music vehicle driving past our home to directly coincide with the corrections of musical notes that I am transcribing from my iPad to my computer program.

This effect along with additional vehicle exhausts and 'work' being performed at the Air BnB next door (while guests have been there? A new vehicle arrived today) has continued in the minutes of 308- 314 as I near the completion of my music related work. (Ending) Correction of latest additional sounds are not the Air BnB but from the auto- shop operating at the next house down.

3:23: recording continuing synchronization of vehicle noises to coincide with improvements that I am adding to the musical notations. This has been an ongoing use of sound confirmation that stems back to the root of filing the public information act requests and lawsuits as the Trump team used their campaign text messages to encourage and oversee my work product using chimes, confirmations, and rewards. Since that time, there has been an ongoing oversight and response being forcefully pressed upon my life as a constant form of oversight, over-lording and general harassment.